BENGALURU, FRIDAY, JANUARY 7, 2022 www.Bangaloremirror.com 16 Pages PRICE ₹3

Bangalore Mirror

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Advt.

Happy New Year ou

Dr. Mohit Bhandari's Weight Loss Program

NO SURGERY
NO ENDOSCOPY
NO ANESTHESIA
JUST RESULTS

Allurion Swallow Pill-
A 15 minute outpatient procedure

FOR THE FIRST TIME IN ASIA:
GASTRIC SWALLOW PILL

Q. What is Allurion swallow pill?

The Allurion pill is a soft capsule that is swallowed by the patient and is filled by fluid to take the form of a balloon placed in your stomach. It is the first gastric balloon that requires no surgery, endoscopy or anesthesia for placement or removal. The balloon is placed during a brief 15-minute outpatient visit and patient returns home in just one hour.

Q. How does the Allurion swallow pill works?

The balloon induces weight loss by increasing fullness, delaying gastric emptying and reducing the amount of food eaten at each meal.

After approximately 16-18 weeks inside your stomach, a time-activated release valve opens, allowing the balloon to empty and pass naturally through the gastrointestinal tract without the need for a removal procedure.

Q. How much weight one loses after swallow pill procedure?

After approximately 16-18 weeks of the weight loss program, on an average, patients lose between 15-20% of their total body weight.

Q. Does Allurion Swallow Pill also help in curing other diseases associated with obesity?

India is today known as the Diabetes capital of the world. As weight management is thought to be the most important cure for most people living with obesity and Type 2 diabetes, Allurion Swallow Pill works wonders. Patients who were battling obesity are now free from not only diabetes but also diseases like hypertension and sleep apnea (serious sleep disorder). By attaining a balanced weight through Allurion Swallow Pill, many people are leading a healthy life today.

Excerpts from a corona warrior's transformation journey

Losing weight was always a priority. In spite of being a doctor myself, surgery had a fear factor. Gastric swallow procedure has transformed my life & that too in just two months. I would advice overweight individuals to consider this program and regain a meaningful life.

Dr. Ravi Dosi, Professor & HOD, Respiratory Medicine & Tuberculosis (SAMC & PGI, Indore)

FREE CONSULTATION CAMP

Date: **10th Jan 2022** | Time: 2pm to 6pm
Venue: **Trustwell Hospital Pvt. Ltd.,** 5, JC Road, Bengaluru

Scan QR code to watch swallow pill video

To book your online personal consultation with our leading expert Please contact: **97542 31515**

'No merit' in plea
Swamy's plea against Air India disinvestment process 'wholly devoid of merit', the Delhi High Court said on Thursday

BangaloreMirror
Friday, January 7, 2022
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'We never accepted the illegal occupation'

Govt raises objection against China's illegal construction of bridge on Pangong Lake, says situation being monitored

#NEW DELHI

India on Thursday raised strong objection against the illegal construction of a bridge on the Pangong Lake in Eastern Ladakh by China, saying that the government is closely monitoring the entire situation.

Talking about reports about a bridge being built by the neighbouring country on the Chinese side of Pangong lake, Ministry of External Affairs spokesperson Arindam Bagchi said, "The government has been monitoring this activity closely. This bridge is being constructed in areas that have been under illegal occupation by China for around 60 years now. As you are well aware, India has never accepted such illegal occupation."

The official further pointed out that separately, the government has been taking all necessary steps to ensure that India's security interests are fully protected.

As part of these efforts, the government in the last seven years has also significantly increased the budget for development of border infrastructure and completed more roads and bridges than ever before.

"These have provided much-needed connectivity to the local population as well as logistical support to the armed forces. The government remains committed to this objective," Bagchi said.

It has been found that China has been carrying out construction work for a bridge connecting north and south banks of the Pangong Lake for at least two months now. The bridge will allow the Chinese People's Liberation Army gain quick access to both sides.

India had occupied the key heights on the Kailash range on the southern bank in August 2020, giving its troops a strategic advantage as they overlooked the Chinese Moldo garrison. However, with the disengagement in Pangong in February last year, India pulled back from the heights as part of a mutual pullback plan to ease tensions. Further, China implemented its new border law on January 1 that calls for strengthening its border defence, and development of villages and infrastructure near the borders. Just ahead of the implementation of the law, China renamed 15 places in Arunachal Pradesh on its map. India and China have been engaged in a border dispute for around two years now.

A bridge is being built by China on the Chinese side of Pangong lake

Substance, tone of letter inappropriate

India on Thursday conveyed its strong objection to the letter written by Chinese embassy to a group of Members of Parliament for attending a dinner reception hosted by Tibetan Parliament-in-exile and said the "substance, tone and tenor of the letter is inappropriate". India also said that the Chinese side should refrain from hyping normal activities by MPs and "complicate further" the situation in bilateral relations.
External Affairs Ministry (MEA) spokesperson Arindam Bagchi said at the weekly media briefing in response to a query that Chinese side should note that India is a vibrant democracy and parliamentarians as representatives of people undertake activities as per their views.
"We have seen the reports about the Political Counsellor at the Chinese Embassy writing letters to Honorable Members of Parliament on their participation in an event. The substance, tone and tenor of the letter are inappropriate," he said.

Next round of talks

India and China are yet to finalise a date for the next round of the Corps Commander-level talks on the eastern Ladakh border row with the Chinese military yet to positively respond to the Indian proposals for the dialogue, people familiar with the development said on Thursday.

– Agencies

Grim record: Mumbai logs over 20,000 cases

A health worker collects swab sample of an outstation passenger for covid-19 test at Chatrapati Shivaji Maharaj terminus in Mumbai

#Mumbai

Mumbai reported 20,181 new COVID-19 cases on Thursday, a fresh all-time high daily count and up 5,015 from a day ago, while four more patients succumbed to the infection, the Brihanmumbai Municipal Corporation (BMC) said.

With these additions, the financial capital's coronavirus tally jumped to 8,53,809, while the death toll climbed to 16,388, the BMC said in a bulletin. On Wednesday, Mumbai had logged 15,166 new coronavirus infections, surpassing the previous all time-high of 11,163 logged in April 2021 during the second wave of the pandemic. As many as 10,860 cases were reported in the metropolis on Tuesday.

Delhi records 15,097 cases

In a massive surge, Delhi Thursday recorded 15,097 fresh Covid cases, the highest single-day rise since May 8, and six deaths while the positivity rate mounted to 15.34 per cent, even as Health Minister Satyendar Jain said the situation does not warrant a lockdown yet.

Jain also asserted Delhi is in a comfortable position in terms of hospital bed occupancy. The number of new cases recorded on Thursday is 41 per cent more than the figure the day before.

The city government has significantly ramped up the coronavirus testing capacity. And, according to the latest health bulletin nearly 98,500 tests were conducted a day ago.

– IANS

Panel to probe security breach during PM visit

#New Delhi

The Ministry of Home Affairs as set up a panel to probe serious lapses in security during Prime Minister Narendra Modi's visit to Punjab. A spokesperson of the MHA said the lapses led to exposure of VVIP to a grave risk. Modi on Thursday briefed President Ram Nath Kovind on the security breach.

The government indicated that some "big and tough decisions" will be taken after the Union Home Ministry gathers information. Punjab Chief Minister Charanjit Singh Channi claimed that what happened in Ferozepur wasn't a security threat but a "gimmick" aimed at imposing President's Rule on the state.

Prime Minister Narendra Modi meets President Ram Nath Kovind

The Supreme Court also took note of the matter and the Punjab government announced a two-member committee to probe the episode, as the BJP and the Congress continued to spar over it.

SC to pronounce order on EWS, OBC quota in NEET today

#New Delhi

The Supreme Court is scheduled to pronounce on Friday its order on pleas related to the Economically Weaker Section (EWS) and OBC quota in postgraduate medical admissions through the National Eligibility cum Entrance Test (NEET).

A bench of justices DY Chandrachud and AS Bopanna reserved its order on Thursday and asked the parties to file their written submissions for consideration.

"We have been hearing this matter for two days, we must start counselling in national interest," the bench said. Solicitor General Tushar Mehta told the apex court that he would like to dispel the confusion that there is a change in the rules of the game midway. "Firstly, there is no change in the rules of the game. The regime which is the subject matter of this challenge is already implemented since 2019 except in the All India Quota," he submitted. Senior advocates Arvind Datar and Shyam Divan appeared in the court on behalf of some of the candidates.

Senior advocate P Wilson appeared for the Tamil Nadu government. The Centre had told the apex court on Wednesday that it would not accept a position whereby those falling in the OBC or the EWS category, whether before or after the exercise of revisiting the criterion of Rs 8 lakh annual income, are deprived of something that is legitimately due to them. The NEET-PG candidates have challenged a July 29, 2021 notification for the implementation of the OBC and the EWS quotas from the 2021-22 academic year.

File photo of resident doctors protesting against delays in NEET Postgraduate Counselling 2021

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CITY / PAGE 6

HEBBAL FLYOVER TO GET MORE ROOM

Flyover will soon have 5 lanes

CITY / PAGE 7

THE CROWDED MARKET MENACE

Police officials want BBMP to find alternative spaces for vendors who congregate outside KR Market every morning

Amid rapid rise of covid-19 infections this winter, surprisingly, medical oxygen requirement remains low, as a majority of cases are mild

BREATHTAKING: A FAIR SHARE OF AIR

On Jan 3, oxygen consumption dropped to 149.8 MT

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Considering the high number of covid-19 cases being reported in the past week alongside the emergence of the Omicron variant, medical oxygen consumption has been relatively low since October in Karnataka.

This assumes importance with over 226 Omicron cases detected in Karnataka and the health minister Dr K Sudhakar claiming this is the beginning of the third wave of the pandemic.

In the second wave of the coronavirus pandemic, a number of hospitals had run out of oxygen supply. Even getting oxygen concentrators had become difficult, where many patients lost their lives due to the non-availability of oxygenated beds in many hospitals; patients had to be sent back to their homes eventually.

The cases started to dip in

CONTINUED ON PAGE 9 »

"Fortunately, oxygen requirement has been minimal in all districts. In the past week, the bulk of covid numbers was higher in Bengaluru. Most cases remain mild where they are recovering without the need of oxygen

— Dr Anoop Amarnath, Critical Care Support

Childhood in the time of a pandemic

How covid-induced depression, tech addiction and substance abuse are affecting young lives

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With more and more children diagnosed with depression and some addicted to substance abuse in a pandemic, the directorate of child protection has asked the government to start counselling centres at child care institutions and de-addiction centres in government hospitals across the state.

During the pandemic, a lot of children took to smoking and drug abuse. Many are inseparably addicted to their mobiles and other gadgets. With NIMHANS being the only place having a de-addiction centre, child rights activists stressed upon the need for opening more de-addiction centres.

On Monday, the directorate of child protection wrote a letter to the state government to start de-addiction centres across the state in all district and taluk level government hospitals to help the children in need.

Nagasimha G Rao, director of Child Rights Trust, told BM that many children from various backgrounds are approaching child care

CONTINUED ON PAGE 6 »

WCCB volunteer in B'luru busts poacher in Hyd

Despite working from home in a different city, Sharath Babu manages to coordinate the operation with officials to save a falcon

Bellie.Thomas
@timesgroup.com

TWEETS @Bellie_Mirror

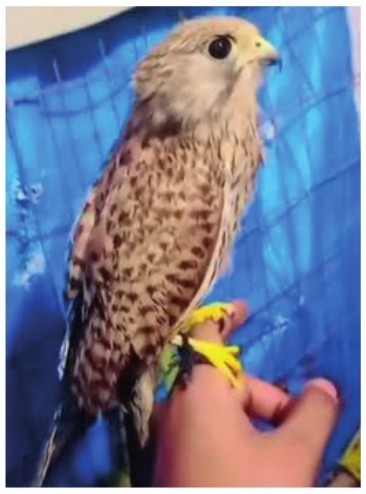
Wildlife Crime Control Bureau (WCCB) volunteers, while working from home in Bengaluru, managed to bust a poacher and his associate in Hyderabad who were trying to sell a falcon bird online to a customer in Bengaluru.

Sharath Babu, a WCCB volunteer based in Bengaluru, keeps a tab on online advertisements involving protected wildlife species and its products that pop up online every now and then.

There many YouTube videos and channels about wildlife found online, of which some are very informative, and some give away unwarranted information about capturing and taming wildlife. At times, these video also talk about the prices that are available in the black market, that lands people in soup, Babu pointed out.

Babu stumbled on an online advertisement that stated a Common Kestrel, a falcon, was available for sale in Hyderabad. He contacted the person selling it and confirmed whether he had the same bird he had advertised online. After confirming, Babu asked the seller where he could come in Hyderabad for the delivery of the bird so his driver in Hyderabad could pick it up after paying for it on Thursday, it is said.

The seller allegedly told Babu that he is a resident of Attapur and he could come to Shamshabad to deliver the bird. Babu informed his counterparts at Hyderabad and contacted range forest officer Ramesh.



It is said, the accused, a student, wanted to sell this bird as he needed money

Babu stumbled on an online advertisement posted by the accused that stated that the Common Kestrel was up for sale

Ramesh informed his Anti-Poaching Squad, and its members Sathish and Mahesh acted as decoy drivers for Babu to pick the falcon up on Thursday afternoon in Shamshabad.

It is said that two men, rode on a bike and came to the meeting point with a box that contained the cage in which the falcon was kept. The duo was surrounded by squad members and detained in their custody.

The two accused have been identified as Ahmed Faizan (21), a student, and Khaja Mukkramuddin (24). Both of them residents of Attapur in Hyderabad. "While Mukkramuddin rode the bike, Faizan was riding pillion holding the cage with the falcon," anti-poaching squad member Sathish told Bangalore Mirror.

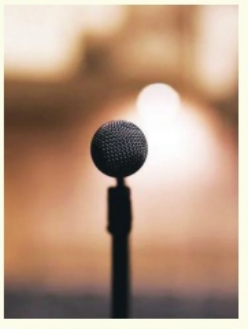
Faizan told the forest officials that he had rescued the Common Kestrel. He told them that he needed money so he decided to sell it online. The Common Kestrel was seized, and the paperwork for it was taken care of after which the two accused were handed over to the Shamshabad forest range officer.

The officer then initiated legal action against them for indulging in selling protected wildlife species. Further inquiries and legal procedures are underway.

*T&C Apply. All prices are inclusive of taxes. Offers valid only for today and till stocks last. Images used are for representative purposes only and may differ from the actual products. FreshToHome is only a brand name or trade mark and does not represent its true nature.

4 THINGS TO DO

01 Open mic



Frontrow is organising open mic sessions, twice everyday.
Do you have a special talent for jokes? Here's your chance to try your best jokes out in front of a live audience.
Book your virtual seats now and get ready to laugh or make people laugh. Each session will last one hour and 15 minutes.
When: At 8 and 10 pm; Where: Online; Register: bookmyshow.com FREE

02 Celebrate rural India

Come, celebrate the sights, sounds and landscapes of rural India, meandering through tranquil hamlets, lush fields, lively markets and temples in the countryside with KYNKYNY.com's latest virtual exhibition, 'Stories of the Land'. Prominent contemporary artists, Mohan Naik and Sivabalan will be featured in this show. The richly expressive artworks at this show are an ode to the lesser-seen and known rural worlds of Goa and Tamil Nadu. You don't want to miss this. **Register: KYNKYNY.com**
When: Until January 31

03 Art dose

After a turbulent two years that saw the performing arts world having to rewrite the rules and stay alive virtually, the Attakkalari India Biennial (AIB), The Attakkalari Centre for Movement Arts' signature event, comes at a crucial moment in time – when things seem to be going back to the old ways yet nothing's the same. During the 10th edition of the signature event, given that inspiration is the need of the hour, the theme of the festival this year is Inspire Bengaluru.
When: Until February
Where: Attakkalari Studios, Bangalore International Centre and Ranga Shankara
Tickets: insider.in, bookmyshow.com, at the Attakkalari office and official website: www.aib.net.in

04 Musically magical

Attend a beautiful musical evening at Lahe Lahe to grab a mid-week treat. The session will have musical aficionados come and jam together and form a community of like-minded musical souls.
Where: Lahe Lahe, HAL 2nd Stage, Indiranagar; Tickets: 9886294444
When: Wednesdays, 7:30 pm – 9:30 pm

Smoke and mirrors

Only 4 out of 101 hospitals surveyed have tobacco cessation centres, so kicking the habit may prove an uphill task without much support

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The city has a large population addicted to tobacco

If you want to kick the butt, not much help is coming your way from city hospitals. According to a recent study by the Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS), on an average, only about 3.9 per cent of the hospitals in the city have a Tobacco Cessation Centre (TCC) to help people put an end to this addiction.

The study evaluated the availability and services of TCCs in public and private health establishments in Bengaluru (urban and rural), and out of 101 hospitals surveyed at random, only four had the facility.

The four hospitals are Railway Hospital (Yelahanka New Town), Sri Shankara National Centre for Cancer Prevention and Research, Spandana Health Centre and KC General Hospital. As per the survey, the four have Information, Education and Communication (IEC) activities, counseling and medication with the help of psychiatrists to help people quit tobacco. Two centres also offer alternative therapies like yoga and acupuncture.

"We have a large population addicted to tobacco. Will power alone is often not enough to quit. Moreover, when one 'quits cold', unpleasant withdrawal symptoms occur and then the easiest thing is to get back to the addiction. This is where a medical health practitioner and TCCs come into picture," says Dr. Pratima Murthy, director, NIMHANS, and the lead researcher of the study.

TCCs are recommended under the National Tobacco Control Program (NTCP) that was started in 2007–2008. One of the aims of this programme is to create awareness about harmful effects of tobacco consumption and help people to quit tobacco. Experts say that TCCs play a vital role in achieving this goal.

According to Dr. Venkata Lakshmi Narasimha, co-author of the study, TCCs are important, particularly for people who attend hospitals for health-related problems owing to the addiction. These consultation sessions with physicians present potential opportunities to motivate the patients to change, thus leading to deaddiction.

"TCCs provide holistic care including psychological and pharmacological treatments to those who are addicted. For example, a patient visiting a pulmonologist for his chronic lung disease caused due to chronic tobacco use will be benefited by a brief intervention along with referral to TCC. This will also provide an opportunity to engage the patient and follow up during each visit. Studies suggest that such brief interventions with a referral are found to be effective in smoking cessation," said Dr. Venkata.

Experts say that when smokers become aware of the dangers of tobacco, most want to quit. However, only a fraction of these attempts are successful in absence of cessation support like TCCs. Professional support and cessation medications can more than double a tobacco user's chance of successful quitting, they said.

> **We found that many doctors do not ask about the addictions. Those who do, don't refer them to TCCs** –Dr Venkata Lakshmi Narasimha

Ignorance, a barrier

However, a majority of the health practitioners in the city fail to intervene and provide the cessation support, reducing the chance of de addiction. Of over 150 doctors interviewed by Dr. Venkata in Bengaluru, while around 70 per cent interrogated the patient about tobacco addiction status, less than 30 per cent referred the patient for any treatment for tobacco use disorder, including TCCs.

"Tobacco addiction is regarded as a brain disease by the World Health Organisation and thus calls for psychological and pharmacological treatments. If a physician advises a patient to quit tobacco at the time of the treatment, the chance of deaddiction is more. But, we found that many doctors do not ask about the addictions. Those who do, don't refer them to TCCs," says Dr. Venkata. Experts opine that lack of awareness and negative attitude towards the outcome of the intervention are among the reasons behind this apathy.

"These life-style intervention risk factors have not been a part of medical training at undergraduate level. Moreover, some health-care professionals have a negative attitude when their patients fail to demonstrate desirable change after intervention. Doctors should understand that these are chronic relapsing conditions and should not get disheartened in case the treatment fails. There is also a possibility that the doctors are not aware of TCCs," said Dr. Pratima.

THE HABIT

- 8.5% of women aged 15 years and above (25 lakh women) in Karnataka use tobacco in some form or the other
- 27.1% of men aged 15 years and above (84 lakh men) in Karnataka consume tobacco
- In the urban areas of Karnataka alone (including Bengaluru) 66 lakh men consume tobacco

Source: **National family Health Survey**

BENGALURU

Reliance Retail picks up 25.8% stake in Dunzo

Reliance Retail has led a $240 million funding round in quick commerce firm Dunzo, according to a statement by the company. Reliance Retail said with an investment of $200 million it will own 25.8% stake in the Bengaluru-based startup. Dunzo's existing investors Lightbox, Lightrock, 3L Capitaland Alteria Capital also participated in this round. In a prepared statement, Reliance Retail said the capital will be used to further Dunzo's vision to be the largest quick commerce business in the country, enabling instant delivery of essentials from a network of micro warehouses.

It will also expand its business-to-business (B2B) business vertical to enable logistics for local merchants in Indian cities. "We are seeing a shift in consumption patterns online and have been highly impressed with how Dunzo has disrupted the space. Dunzo is the pioneer of Quick commerce in India and we want to support them in furthering their ambitions of becoming a prominent local commerce enabler in the country," said Isha Ambani, director, Reliance Retail Ventures Limited. — ETimes

Tracking the progress of TBM machines

The Tunnel Boring Machine named Vamika, a slurry based machine launched on June 29, last year at South Ramp (Dairy Circle) completed its tunnelling of 614 meters and reached Dairy Circle Metro Station on Monday. TBM Vamika is driving through the Station area for further tunnelling between Dairy Circle to Lakkasandra Metro Stations. TBM-Avni, a slurry based machine, launched on September 5,202, at the Shivajinagar Metro Station completed its tunneling length of 1,086 meters on Thursday by achieving breakthrough at MG Road Station. TBM-Avni encountered hard boulders for a length of around 280 meters, wherein tunneling was extremely challenging and required very frequent interventions. This TBM will drive through the station area for further tunneling between MG Road and Rashtriya Military School Stations.

SSLC exams tentative timetable

The Karnataka Secondary Education Examination Board (KSEEB) has issued a tentative timetable for the SSLC exams 2021-22. The tentative timetable is as follows: March 28-First language; March 30-Second language; April 4-Mathematics; April 6-Social Science, April 8-Third language and April 11-Science. The exam duration for all these subjects will be between 10.30 am to 1.45 pm except for second language paper which will be held from 10.30 am to 1.30 pm.

Damsels in distress they were not

2 women wave at bike rider from auto. When he stops, auto driver and women rob him at knifepoint

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Two women and an auto-driver allegedly held a 34-year-old man at knifepoint and robbed him last week in Bellandur.

Rahul (name changed), a resident of Sarjapur Road, a private company employee, filed a complaint with Bellandur police on Tuesday. According to him, he was on his bike, around 6:30 pm, on the service road of the Outer Ring Road when he saw two women in an auto waving at him to stop. "Thinking that they were in need of help, I stopped my bike. The auto driver got down and took out a knife to threaten me. The women too got down. He put the knife on my throat and told me that he would kill me and asked me to give them the valuables," he said. The trio took his mobile phone, wallet containing Rs. 4,000 along with ID cards and fled the place.

Rahul managed to note down the registration number of the auto. He approached the police and filed a written complaint a week later. Police said that the victim handed over the valuables when threatened so the accused did not injure him. "He shared the registration number through which we traced the auto driver and arrested him. The two women are absconding and we are trying to trace them. The three worked together and fled with the money. This is the first time the accused has been caught and he claims this is the first time he has committed a crime. They are first time offenders," said an officer.

Bellandur police have registered a case of extortion.

HDFC BANK
Walk-In Interview for GRADUATES
Age: Below 30 years Freshers & Experienced (Male & Female)
Work Location: Across Karnataka
Date: 11/01/2022 | Time: 10.00 AM
Venue: Indus Valley College,
11/2, 7th Cross, Basavanapura Main Road, Near Gayatri Temple, Gayathri Layout, K.R.Puram, Bengaluru,
The selected candidate will be a full-time employee on the rolls of HDFC Bank.
Documents to carry: All Educational Certificates, PAN, 3 passport size photos. (All Originals & 1set of photocopy)
Kindly register your details on the given link below
https://tinyurl.com/hdfcbnkjob
TVS Training & Services
9500021537 / 9500066572

MIRROR AUTO

CONSUMER CONNECT INITIATIVE

DOING A LITTLE GROUND WORK ALWAYS HELPS IN MAKING THE RIGHT CHOICE WHILE BUYING A CAR

Photos: © Getty Images

Wheels of choice

Respedit.Bangalore
@timesgroup.com

Buying a car is an important decision. With so many options available in the market, it might not be easy to make the right choice. There are a few factors that one needs to keep in mind before buying the four-wheeler of one's choice.

BLOCK YOUR BUDGET

The first step is to fix a budget. Buying a car in India is complicated since most segments overlap one another. For instance, a fully loaded variant of an entry-level hatch might be priced similar to a mid-variant of a mid-sized hatch, a premium hatchback would cost as much as a compact sedan or SUV. With that in mind, consider all your finances and fix your budget wisely. It is also advisable to mark your upper limit roughly to Rs 40-50,000 over your budget. Keep in mind the fact that you will be keeping the car for a long period, so don't hesitate to stretch that extra bit for a car you really want. Moreover, if you are purchasing the car on a loan, the additional Rs 50,000 is barely going to make a difference in your EMIs. Banks also offer a variety of finance schemes that suit individual needs. "Banks are now offering easy and cheap finance options. The car I was looking to buy was a little beyond my budget. But I opted for an easy finance scheme from a top PSU bank and bought my dream car," says Rajeev Agrawal, a software engineer. "Many of my friends have bought their vehicles with bank loans," he says.

RIGHT RESEARCH

It is always advisable to know what you

are getting into when buying a car and there is only one of doing it - read. There are a lot of online forums that discuss the specs of a four-wheeler and its efficiency over time, the problems members have had with their cars, and many such topics. You can only get a clearer picture of what to expect from your car in terms of its pros and cons, service cost/network, parts expenses and all such topics from forums or websites. Trust in their word, as they have already gone through it all and experienced it first hand as owners.

FIND THE FEATURES

Once you have a budget chalked out, it is important to list down what you want. Of course, there will be multiple things you expect from a car like - comfort, performance, features, looks, ease of maintenance and affordability to name a few. Finding the perfect blend of each of these in one car could be slightly difficult. So, before you decide what car to buy, make a list of what you need from your car, in the order of importance.

WHAT ARE YOUR OPTIONS

With your budget sorted and your priorities right, you can now select a bunch of 3-4 cars before moving on to the next step. Rashmi Sastry, who has always wanted to drive an SUV, purchased an SUV recently. She says, "I love going on long road trips. An SUV is best suited for that."

DRIVE IT FIRST

Although most dealerships give extremely short test drives, it is important to get a feel of the car and be happy with it, before you sign that cheque. These test drives also give you the opportunity to discuss finance options with the sales executive. Finance schemes and discounts offers vary from dealer to dealer. Yes, it is a lot of work, but it is sure to help you find the best deals. Ask the dealer if they have previous year models on sale - they tend to give heavy discounts on such cars.

WHICH VARIANT

Lastly, but most importantly, the biggest quandary - petrol or diesel. "Earlier, we witnessed a surge in demand for diesel vehicles, but the demand has now shifted back to petrol variants. This shift can be attributed to factors like easy maintenance and the diminishing difference in the prices of the two fuels," says Kavin Kumar, owner of a car dealership.

Driving a good deal

PLANNING TO BUY A NEW CAR? AS CAR MANUFACTURERS OFFER LUCRATIVE DISCOUNTS ON NUMEROUS CAR MODELS, HERE'S A GUIDE TO BUYING A CAR AND AVAILING THE BEST DISCOUNTS OUT THERE IN THE MARKET

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With many new models already launched and several others scheduled for launch, this could be the best time to buy a car that you've been eyeing for long. From a brawny SUV to a fuel-efficient small car, manufacturers have lined up some of their highly anticipated offerings around this period.

THE RIGHT TIME

For car lovers this is possibly a very good time to look at options. There is a huge variety of four-wheelers in various segments and variants available now. Many auto manufacturers have also announced the launch of new models. With growing interest in the market, car dealers also try to make the most of the opportunity and offer some attractive discounts to customers to maximise their sales.

"Buying a car is an occasion of joy, prosperity and happiness for a family and people are booking their dream cars," says Suresh Malhotra, marketing head of a car company.

NEW LAUNCHES

Car makers wait for launch of new models around festivities. Instead of jumping to a decision, do some research and find out what cars are to be launched in and around this time. Most of these new launches will have an introductory price which sweetens the deal. In case, you were keen to buy a specific kind of car, it is good to wait for launch of new models in that genre. However, if you are not too keen on the latest model with all the bells and whistles, you can opt for the outgoing models as automakers offer massive cash discount on them before the launch of new models.

"The pandemic has resulted in a subdued year. We hope that things will be better for the auto sector this year despite the new variant of the virus and there will be increased footfall at dealerships and spike in sales in the market," says Aman S, marketing head of a car showroom.

DISCOUNTS AND OFFERS

With the current market being crowded and competitive, many new cars are offered with attractive discounts. Watch out for ads in newspapers for discounts. The discounts could be in the form of cash or low interest financing. Sometimes, carmakers upgrade the existing models with features like an infotainment system, or other creature comforts and sell them for no extra price. Also, some companies launch limited edition models, which have added goodies for no extra cost. This is a great way for companies to attract customers as many prefer accessories from the manufacturers themselves, as it will not tamper with the warranty of the vehicle. If no discounts are available from the dealer's end, convince him to give you freebies. This depends on your talent and you can convince the dealer to give you stuff like additional speakers, extended warranty, gift vouchers and loyalty exchange bonuses.

LOW EMIs

If you are buying the car on EMIs, check with your bank or the firm that is offering you financial services for offers or discounts. You can start with your phone's inbox, as there will be messages claiming a low rate of interest. You can call the bank or pay them a visit to see what the offer is, compare it a few others and then decide. Finance through dealers is also one of the convenient options. Also, you can make an informed choice between fixed interest rates or floating interest rates. Another important thing to note is the processing charges, documentation charges and preclosure charges. Generally, car loans have a repayment period of 12 to 84 months. But do keep in mind that longer the period, higher is the total interest outgo.

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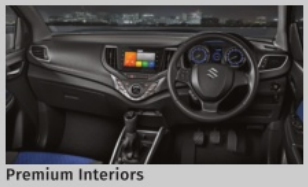
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Hebbal flyover could be widened to 5 lanes

Tumakuru Road ramp may get demolished and will be rebuilt after adding additional lanes

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TWEETS @BangaloreMirror

After dismantling Jayadeva Flyover, a new proposal by RITES suggests dismantling flyover lanes towards Tumakuru Road on Hebbal Flyover.

Government of Karnataka and BMRCL had recently engaged RITES to conduct a comprehensive study and prepare a master plan for capacity augmentation at Hebbal Junction to meet the estimated road traffic requirement of 2051 and integration of other modes of transport like Metro and suburban lines.

The plan envisages construction of an additional two-lane flyover to the west of the existing Hebbal Flyover, thus making it a five-lane flyover from the city to the airport.

On the eastern side, a three- lane flyover will be constructed in addition to the existing two-lane making it five-lane movement from Airport to the City. This would ensure that there are five lanes on the main flyover of Hebbal.

However, the existing elevated loop from the city to Tumakuru Road will have to be rebuilt after new lanes are added by demolishing the current ramp. The existing elevated loop from the city to KR Puram will be retained. The existing elevated connection from KR Puram to the city will have to be rebuilt after the new two lanes are added.

The Tumakuru side to city loop will be removed to make space available for Multimodal Integration and a BMTC bus stop. Vehicles will run further and take a U-turn through underpasses and travel to the city over the loop of KR Puram to city.

As of now, BDA has already planned to embark on the construction of a three-lane underpass (for traffic between Tumakuru and KR Puram) which will continue.

A file pic; aerial shot of the traffic near the flyover

As per the new proposal presented by RITES, the plan includes construction of an additional two-lane flyover to the west of the existing three-lane one

The KR Puram to Airport loop will be a two-lane elevated flyover as planned by BDA and will be provided with modified geometry. The KR Puram to Tumakuru side will continue with the existing straight road which will be widened to a four-lane road.

Currently, BMRCL has been constructing Phase 2A and 2B-Outer Ring Road (ORR) - Airport Metro from Central Silk Board to Kempegowda International Airport via Hebbal Junction.

BMRCL has also been preparing a detailed project report for the construction of a Metro corridor from Hebbal to JP Nagar along the ORR. BDA has taken up construction of an additional bridge at Hebbal Junction on the stretch for airport to city, in a curved shape lane, going to level 2 over the ground level. It is found that this structure will pose a serious hindrance for future development of infrastructure at Hebbal Junction. It also obstructs Phase 3 of the Metro corridor.

RITES interacted with various agencies like BDA, BBMP, BESCOM, BWSSB, BMTC, K-RIDE, and BMRCL and prepared various options to meet the traffic requirements in 2051. The public may share their views or opinions by emailing chavan@bmrc.co.in within 15 days of this notification.

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Problems in your area?
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Watch your step
Nandini Layout

The storm water drain on 24th Main Road has been left open, without any coverage by the contractor.

Nowhere to walk
Gangondanhalli

The main road in this area is not suitable for pedestrians. Senior citizens and children often land in accidents here.

IN THE COURT OF HON. JUDI. MAJISTRATE (F.C.) AT: - veraval
criminal case no:-339/2012 matter dated:- 17-01-2022

FORM NO.5 Proclamation:-order for accused to remain present (please see sec 82 and 87 of cr.pc)

In my presence in my court there is complain against UMARBHAI YUSUFBHAI PANJA (DIRECTOR OF NOORANI EXPORTS P. LTD.), Age:-45 occu:- BUSINESS resi:-SHRI NIVASA PADMANABHA NAGAR, NO.88, NEAR HILLSIDE HOSPITAL, BANGLORE with criminal case no. 339/2012 u/s sec 138 of negotiable instrument act has commited (or It is alleged to commit) and in order to remain present this court has issued the warrant. And on that warrant there is enhersment that accused named UMARBHAI YUSUFBHAI PANJA (DIRECTOR OF NOORANI EXPORTS P. LTD.), Age:-45 occu:- BUSINESS resi:-SHRI NIVASA PADMANABHA NAGAR, NO.88, NEAR HILLSIDE HOSPITAL, BANGLORE, It cannot be executed and it is further assured that that he is absenting (or in order to avoid the executing of warrant he is remaining absenting)

So with this proclamation it is ordered by this court that above named accused UMARBHAI YUSUFBHAI PANJA (DIRECTOR OF NOORANI EXPORTS P. LTD.), Age: 45 occu: BUSINESS resi:-SHRI NIVASA PADMANABHA NAGAR, NO.88, NEAR HILLSIDE HOSPITAL, BANGLORE to remain present on 22th NOVEMBER 2021 at 10:45 AM at VERAVAL JUDI. MAJISTRATE (F.C.) COURT for answering the above allegation and on default court will do further proceeding of which due notice should be taken.Today Dated 21th December, 2021 with my signature and my court seal is affixed.

(P. K. DAVE)
JUDI. MAJI. (F.C.) VERAVAL

More counselling, de-addiction centres needed for kids

CONTINUED FROM PAGE 1

institutions (CCI) in need of counselling, deeply affected by the fallout of the pandemic.

"Children were depressed and were cut off from society which made them feel isolated. They need to be counselled; many children are addicted to smoking, alcohol, inhaling substances and even cannabis. These children need help and need de-addiction centres where they can be rehabilitated. NIMHANS is the only place having a de-addiction centre at the moment. If centres are set up elsewhere, such as at other government hospitals, it will help children to come out of their pandemic-induced habits. Article 33 of the UNCRC (The United Nations Convention on the Rights of the Child) says children and young people have a right to be protected from harmful drugs, and we have no facilities to protect them," he said.

Rao said online classes have resulted in addiction to mobile phones and gadgets, which needs to be addressed sooner. "In addition to setting up more de-addiction centres, the government should focus on publicising the new centres as well so that people will know where to visit and what help would be offered," he said.

According to a letter issued by Pallavi Akurathi, director of Integrated Child Protection Scheme, CCIs and organisations working for child welfare should be provided with special training to counsel children and must conduct regular counselling sessions. Under Rashtriya Bal Swasthya Karyakram, special de-addiction centres should be set up at all government hospitals at the district level.

A senior officer said last year, the directorate had sent a similar proposal to the Government of India which was not approved. In December, another proposal was sent to GOI requesting to start two centres on a pilot basis, which is yet to be approved.

"This time, the directorate has asked the state government to provide the facilities as many children who need help are not able to receive it simply because there are no facilities in place. Not all children can afford to visit private de-addiction centres; the government has to provide the facility so that the public can utilise it. Many field officers are turning a blind eye to underprivileged children. Ultimately, the children are suffering," said the officer.

The crowded market menace

Police officials want BBMP to find alternative spaces for vendors who congregate outside KR Market every morning

PICS: KAUSHIK JN

KR Market police conduct random RT-PCR tests on citizens after cops test positive; sanitisation takes place in full flow at City Market Police Station

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The Krishnarajapuram Market, also known as KR Market or the City Market area, sees a congregation of farmers, traders, drivers, brokers/middlemen and others from various parts of the city who arrive there at 5 am as soon as the curfew is lifted. The city police, especially the West Division, who interact with the groups, believe that the area has the potential of becoming a super-spreader zone.

On Thursday, at the City Market Station, of the total 89 police personnel, 43 were tested with Rapid Antigen Test kits as a dozen cops had shown covid symptoms -- 14 including a police sub-inspector (PSI) and three assistant sub-inspectors (ASIs), tested positive. The police personnel have been isolated, the station was sanitised and the West division police have taken the matter up with senior BBMP officials.

City Market police officials wonder if this is the plight of policemen who engaged briefly with people in the market, how can the infection be contained if it creeps into the busy marketplace. The City Market cops plan to hold a meeting with BBMP officials to discuss this issue.

Police sources told Bangalore Mirror that hundreds of vegetable, fruits and flower vendors have put up pushcarts along the main road (Mysore Road), on the footpaths, and some also under the flyover divider and some on the Avenue Road and many other roads that join the Mysore Road from the business hubs. "A large number of customers prefer to deal with these pushcart vendors outside the market rather than going inside because it is easier to take buses from outside," a senior police officer said. He said this is despite the prices of items sold outside being higher than what is available inside.

The BBMP has remained a spectator to this menace, police sources said. They said the BBMP issues revenue receipts and collects a fee from old-time vendors who are allowed to sell their merchandise in these spaces outside as all vendors cannot be accommodated in the market.

The city police is of the view that the BBMP should make sure that the floating population of traders who have put up pushcarts outside the market should be given alternative spaces. "We do not want to disrupt their livelihood, but it is for their and others' safety that we are requesting BBMP to find alternative spots for them," a senior police officer from the Chikpete subdivision told Bangalore Mirror.

> **We do not want to disrupt their livelihood, but it is for their and others' safety that we want Palike to shift them to an alternative spot**
>
> — a senior police officer, Chickpete

This problem is seen also in Cottonpet police limits on Avenue Road, Chickpete, Binny Mills, and several business hubs in Upparpet police limits, Kalasipalya police limits where loads of vegetables, fruits and flowers arrive in trucks and other vehicles, and at Chamrajpet police limits. "Since 5 am, cops at all these five police stations would be out on the field booking cases under the Disaster Management Act and also booking violations for covid-inappropriate behaviour at these crowded spots, and in the melee are prone to contracting the virus," the officer added.

If the police try to dislodge these vendors, elected representatives intervene, they said.

BBMP Commissioner Gaurav Gupta told Bangalore Mirror, "If the police brings to us any proposal of shifting these vendors to a different location, we would certainly identify places for them and with mutual consultation we would do the needful."

Dr Manoranjan Hegde, BBMP's Health Officer in charge for West Zone said they will deploy more marshals in and around the City Market area to make sure people follow covid-appropriate behaviour.

Film industry in dire straits

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With heavy restrictions during weekends, the film industry now wants the State Government to allow exhibition of films during weekends. The Karnataka Film Chamber of Commerce (KFCC) president DR Jayaraj has appealed to CM Bommai to lift the curbs during Saturday and Sunday shows, saying that as movies release on Friday, the maximum collection happens during weekends.

Producer Umapathi Srinivas Gowda felt that the government was taking decisions on its own. "To cushion the impact of Covid-19, we expect tax exemption and increase the subsidy. The film industry is paying around Rs 1,000 crore in the form of taxes annually. But government support is very little. We can do business only on the weekend. But lockdown makes it very difficult. Most of the movies in production were also postponed, as the movies can't be released."

Film industry employees say earnings will be badly hit during the weekend curfew

Madagaja Director S Maheshkumar said that weekend lockdown creates a trickle-down effect on all the activities of the cinema industry. "When movie releases were delayed, all other planned activities were also delayed. We suffered a lot from the last two years. Many have left the industry and returned to their native places. I am now writing a script and wanted to start a project in the month of March. But due to the imposing of night curfew, many can't shoot at night. When flights, buses and trains are operating, why close only movie theatres?"

Exhibitor Vasanthkumar added: "We have to close our theatres if the situation continues like this. Competition among theatre owners is high these days. In such a situation, surviving in the theatre business is very difficult."

Allow MSME workers to use BMTC during weekend curfew: KASSIA

The Karnataka Small Scale Industries Association (KASSIA) has requested the BMTC buses plying during the next two weekend curfews (Jan 8-9 and 15-16) to permit employees working in micro and small-scale industries to use their services.

KASSIA administrator P Shashidhar said: "KASSIA has appealed to BMTC officials to extend the service to all employees working in MSEs, as most of them cannot afford to travel by cabs or auto rickshaws, and Metro facility is available only in limited parts of the city. We have also requested BMTC to ply more buses in industrial areas so that the MSMEs are able to operate smoothly."

221 micro-containment zones and rising in city

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With increasing covid cases, the city currently has 221 micro-containment zones of which, 13 are related to Omicron. The number has increased from 90 in the last week of December to 221 in just ten days. Mahadevapura has the highest micro-containment zones 82 which are active.

Of 221 micro-containment zones, over 100 micro-containment zones are in apartments. Mahadevapura zone has the highest, followed by Bommanahalli with 63, West with 21, Yelahanka with 27, South with 12, East with 12, Dasarahalli with 4 and RR Nagar -- which is the least with zero containment zones. The positivity rate has gone up from 0.54 per cent to 7.5 per cent.and hospitalisation increased in the last 3 days. On December 2, the number of hospitalisations was only eight which went up to 22 on December 3, and 39 on December 5. A senior government health officer said that currently, only 13 micro-containment zones are related to Omicron and all the positive patients for Omicron have been shifted and their contacts traced.

Dr Surendra, medical officer, Mahadevapura, told BM that the number of covid cases have gone up due to people travelling and returning post new year. "We are seeing covid cases increasing since December 28 and since then, a lot of people have travelled interstate for new year celebrations and have returned this week and are now testing positive.

A BBMP marshal fines a citizen for not wearing a mask

"In our zone, a majority of micro-containment zones are in apartments and most of them have a travel history and have come in contact with those who have travelled. We are strictly implementing the containment rules and covid-appropriate behaviour." Another official said, "We should have made mandatory RT-PCR reports for anyone entering the city when the vacation period started. Most of the private company employees and the techies had year-end vacation when they travelled to their natives and the neighbouring states. Though most of the apartments have followed strict rules, people would have used common areas and lifts which would result in clusters coming up. "This time, the infection is spreading at a faster rate compared to the last two waves and even the Delta variant. We suspect it to be Omicron. As the genome sequence would take at least five days for the results, we are expecting the number to increase more and are taking more precautionary measures to contain it."

Swab overdose: It is testing times for labs

Sample collection has doubled in the past week with people wanting to get tested even with mild coughs and colds; tele-consultations also shoot up

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KAUSHIK JN

Palike health workers inoculate citizens at a time covid cases are spiking up in the city

The city laboratories are once again overwhelmed due to the third wave, with many of the labs getting double the amount of covid samples to be tested in the past week. As a result, the time taken to send the results is also getting delayed.

The labs which were collecting about 50-100 samples or lesser in the past month have started to see high numbers in the past week, with many of the patients coming forward to test themselves even with a mild cough or cold.

Anindya Chowdhury, Chief Operating Officer, India & GCC at Aster Labs said, "We are seeing a significant spike in Covid-19 RT-PCR tests in Bengaluru. There has been a multi-fold increase in the number of Covid-19 samples in the lab since the beginning of Jan 2022.

The daily sample collection numbers which were around 200 per day in November have increased to beyond 600 per day in the first week of January.

The positivity rate has also gone up significantly and data is being shared with the health authorities, ICMR and respective patients."

Dr Danish Ahmed, practising doctor at Heka healthcare, pointed out that during December, 110 samples per day were collected; however, it went up by 250-300 sample collection per day during the first week of January.

"Earlier, the results would be given out within three - four hours but now, it is going up to 12 hours.

The demand has increased. Many are getting tested on showing the slightest symptoms, he said.

Not only the number of samples, but even there has been an increase in the number of tele-consultations in the city. The daily consultations have gone up more than 2.5 times since January 1 in cities like Bengaluru, Kolkata, Chennai, Delhi, Hyderabad, Mumbai, according to a survey done by Practo, integrated healthcare company.

Pulmonologists are seeing major concerns amongst people complaining of fever, sore throat, headache, body pain, stuffy nose, Omicron spread, Covid-19 vaccine booster doses, and vaccines for children, among others. At 132 per cent, Mumbai saw the highest growth in GP-related consultations since January 1, followed by Kolkata (106 per cent), Delhi NCR (95per cent), Bangalore (75 per cent), Chennai (47 per cent) and Hyderabad (42 per cent).

> **"The festive season is one of the main reasons for the spike in cases as people failed to follow covid protocols**
>
> – Dr Beliappa, a senior GP

Dr Belliappa, a senior GP practicing on Practo, said: "We have seen a massive surge in the number of covid cases in the last one week indicating the start of a third wave. The festive season is one of the main reasons for the increase as people failed to follow covid protocols and gatherings became a super-spreader event.

As seen during the first and second wave, telemedicine will continue to be a life saver, enabling people to reach out to medical professionals virtually."

While Dr Danish pointed out that the online consultation has increased from once in three days to eight per day. "In the past three days, I'm getting over eight calls.

Most of them are panic calls, however, one in five patients are covid-positive. This apart, people travelling from Goa are more concerned and taking online consultations," he said.

As active cases rise, hospitals told to get set

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In the last 10 days, on an average, active cases in Bruhat Bengaluru Mahanagara Palike (BBMP) limits have jumped from 0.25 per cent to 29.23 per cent.

On December 27, active cases reported were 6,063; it increased to 7,000 and above on December 31 with 7,286 active cases. On January 2, it further jumped to 8,000-plus cases was reported on January 2 with 8,671 active cases. On January 4, the toll went up to 11,423 and on January 5, the number was at 14,762 active cases.

The active cases growth rate was 0.25 per cent on December 27, and went up to 6.43 per cent on December 31, and 19.3 per cent on January 4. A greater increase at 29.23 per cent was reported on January 5.

Experts stress the need of the hour is to ramp up the existing infrastructure in the hospitals. "The government needs to ramp up existing critical care facilities and increase the number of oxygen beds. If a greater number of patients come in, we need to have the necessary infrastructure in place and the patients need to be treated in early stages of the disease," said a public health expert.

Another expert from a private hospital pointed out that the testing should not be dropped. " Testing should be carried out at a larger scale; bringing it down could lead to missing of the cases and cause a spread in infection. Further, the genomic sequencing needs to be carried out at larger numbers to identify the variants at a faster pace and treat it accordingly."

Meanwhile the number of vaccination doses as observed on particular days had dropped in BBMP limits; for instance, on January 1, only 17,236 people were inoculated while on January 2, it further dropped to 11,344 and 11,531 on January 3. However, January 4 and 5 saw higher coverage with 55,381 doses and 64,518 doses carried out. "The vaccination should be carried out in larger numbers. We need to focus on vaccinating the entire population at a faster pace so that everyone starts to get their booster doses as well. With strict containment measures, higher vaccinations, we can limit the cases," said the expert.

Daily covid count at 5,000; hospital admissions at 60

BBMP asks pvt hospitals to reserve 10,000-12,000 beds by Jan 16

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Covid cases hit a new high in Bengaluru on Thursday with the city reporting 4,324 cases while the State's tally was 5,031. The State's positivity rate was 3.95 per cent while Bengaluru's share was as high as 7.5 per cent.

As the cases are rising, experts fear that the hospitalisation too will start increasing. So, the BBMP has instructed private hospitals to reserve 10,000 to 12,000 beds by January 16. BBMP Chief Commissioner Gaurav Gupta instructed officials to take up necessary measures regarding the bed reservation for covid patients at private hospitals on Thursday. He also asked the nodal officers to visit and inspect the hospitals and instruct the hospitals to keep the beds reserved for covid treatment besides collecting exact data on the number of beds in hospitals, occupied and unoccupied beds.

Addressing a virtual meeting to discuss Covid Hospital Bed Management System(CHBMS) in BBMP limits, Gupta said there are around 60,000 covid tests being done daily in the city. Daily admission rate at hospitals has seen a rise from 20 to 60 admissions per day. But, the infected persons need not be worried. BBMP's tele triaging team and mobile triaging team of wards will check on the health conditions of the infected. Only the infecte for whom hospitalisation is necessary will be admitted to hospital while others may continue with home isolation, the chief commissioner said.

"Most of the infections will be asymptomatic and such persons can be cured at their homes. Citizens should be aware of this. With proper triaging, only the patients who are in need of medical attention should be sent to hospitals. Zone wise personnel should be deployed to ensure proper triaging. Zonal coordinators should monitor the system," Gupta said. He said in the city, CV Raman General hospital, KC General Hospital, Jayanagar hospital and Bowring hospitals are declared as covid hospitals. Enough beds are available at private hospitals too so there is no need for panic, the chief commissioner said. "With the active operations by covid war rooms and PHCs at each wards, everything must be alright. People rushing for bed, oxygen, ICU in private hospitals should not happen. We should ensure that there is no scarcity of beds. The bed allotment should be in a transparent way," Gupta said.

KAUSHIK JN

Meanwhile vaccination of teens continues in full swing in the city

For international travellers

Passengers coming from at risk countries and two per cent of passenger arrivals from non-at risk countries who test positive for covid at the airports, but are asymptomatic or mildly symptomatic will be sent to designated buildings, attached to Government Health Facilities which will function as Government Covid Care Centres (CCCs). Stay is free of cost here.

The State Government has also identified budget hotels, 3 star and 5 star hotels attached to private health facilities which will function as private CCCs on payment basis for passengers. Those who develop symptoms during their stay at CCCs shall have to be shifted to the Health Facility for further treatment and management. The duration of stay in CCC/Hospital shall be for seven days.

Helpdesk at hospitals

Helpdesks should be opened at the hospitals that have more than 100 beds. They should provide necessary information to the general public visiting the hospital. Gupta asked that personnel be deployed for that and that Arogya Mithras' presence be enusred at all the hospitals.

COMING UP FOR AIR

CONTINUED FROM PAGE 1

Karnataka towards the end of September 2021, where around 1,000 cases were reported. A further reduction of cases followed in October, where the daily numbers went below 1,000 cases - hospitalisations and patients going into a severe stage of infection had come down considerably as well.

Experts pointed out that, so far, even in the recent hospital admissions reports, many patients are showing mild to moderate symptoms and the disease has not aggravated to a stage where the patients require oxygen.

According to the state war room data, Karnataka's allocation of oxygen is 1,200 MT daily. The state, during the first week of October, consumed only 155.3 MT of oxygen. In mid October, an increase with 180.45 MT consumption was reported. However, on December 28, a slight increase was seen with the consumption going up to 162.12 MT and 179.38 MT by December 31. By January 3, the consumption dropped again to 149.8 MT.

Dr Anoop Amarnath, member of the critical care support team (CCST), who observes covid-19 patients across the districts in Karnataka, pointed out that the number of cases requiring oxygen has been low: "Fortunately, medical oxygen requirement has been minimal in all the districts. Over the last one week, the bulk of covid-19 numbers is higher in Bengaluru. However, most of the patients' conditions have remained mild where they are recovering without the need of oxygen. This could be probably due to the two doses of vaccination. Many international studies and papers have shown that the disease severity is less in vaccinated patients. More importantly, the type of strain also plays a major role," said Dr Amarnath.

Going by BBMP data, the number of patients requiring high dependency unit (HDU) beds, ICU and ICU ventilators (ICU-v) has remained low. The total allocated beds for covid-positive patients for HDU is 831, both under the BBMP quota of govt and private hospitals. So far, till January 5, only 54 HDU beds have been occupied. While, the ICU beds allocation is at 114, amongst which, six are occupied. In the case of ICU-v, in the 207 allocated beds, only two are occupied.

Karnataka's nodal officer for oxygen, Munish Moudgil, said: "The hospitalisations due to covid-19 have not increased and the consumption of medical oxygen has been low in all the districts. However, we need to be careful and take all precautionary measures to keep the situation under control. We are preparing ourselves to have sufficient supply as and when required. For now, the consumption stands low which is a good sign."

Dr Chinnadurai R, lead consultant, department of critical care, Aster RV Hospital, stated patients with present covid-19 infections mostly have mild symptoms and it is most likely that the Omicron variant is not affecting the lungs. "Admissions of moderate to severe cases that really require oxygen support in most of the hospitals are low at the moment," she said.

Guidelines for home isolation

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As per the latest guidelines, asymptomatic/mild cases of coronavirus are those with an oxygen saturation of more than 93 per cent. The clinically assigned mild cases are patients who have upper respiratory tract symptoms with or without fever, without shortness of breath and having the oxygen saturation of 93 per cent or more. A patient who is clinically assigned as a mild/asymptomatic case by the medical officer is eligible for home isolation. Such patients should have the necessary facilities at their residence for keeping the family members in quarantine.

Patients eligible for home isolation

A caregiver, i.e., someone who has taken both doses of the covid-19 vaccine should be available to look after the patient for the entire day. It is important for the caregiver to be in constant touch with a medical officer for the entire duration of home isolation. Elderly patients, who are more than 60 years old and have comorbid conditions such as heart disease, chronic lung, liver or kidney disease will only be allowed home isolation after consultation with the medical officer in charge.

Instructions for patients and caregivers while a patient is in home isolation, the other family members are required to adhere to the guidelines of home isolation.

There should be safe disposal of wastes such as disposable items, used food packets, water bottles, leftover food, etc. They should be disposed of after being collected in bags that are tied securely. The used masks, gloves and tissues or swabs that are contaminated with blood/body fluids of covid-19 patients should be treated as biomedical waste and disposed of accordingly by collecting them in a yellow bag and handing them over to the waste collector separately to prevent the further spread of the virus. They can also be disposed of in b urinal pits which are deep enough to prevent rodents or dogs from digging them.

Treatment in Home isolation

The covid-19 patients should be in constant touch with their medical officer and should report to him/her in case of any sign of deterioration. The patient should continue the medicines for other co-morbidities after consulting with the medical officer. Patients should follow symptomatic management for fever, running nose and cough as warranted and perform warm water gargles or take steam inhalation thrice a day. If fever is not controlled with a tablet of Paracetamol 650mg for times a day, the treating doctor should be consulted.

When to end home isolation

Patients under home isolation will end their isolation after at least seven days have passed from testing positive and no fever for three days. However, they shall continue wearing masks. Re-testing is not required after ending home isolation. Asymptomatic patients are not required to undergo covid test and monitor health during home quarantine.

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CHANGE OF NAME

I, SUHAS S/o Late S L Sathya narayana residing at No. 675, Sir M Vishweshwaraiah Nagar, 8th Block, Further Extension, G P Rajarathnam road, Gidada konenahalli, Bangalore- 560091 have changed my name to SUHAS SATHYANARAYANA vide affidavit dated 06.01.2022 sworn before notary Devaraja E, Bengaluru- 560056.

I, Anuradha Jain W/o Deepesh Agarwal residing at No.4, 4th Cross, Annayappa Block, Kumara Park West Bangalore 560020. Have changed my name to Anuradha Agarwal vide affadavit dated 05.01.2022 sworn before notary B S Padma Prasad, Bangalore

I, Shashi Kiran K.S R/o Flat.A-404, Brigade Gardenia Apts, Glacier block, J.P Nagar, 8th phase, Bengaluru 560078 have changed my 15 yrs old minor son name CHANDRACHUR K.S to PRAVIN K.S affidavit Dt.06/01/2022 notary Harisha.G B'luru

I, Salouunee Manoharan w/o A.Manoharan R/o No.24, 5th main, 5th B cross, NRI layout, Ramamurthy Nagar Bengaluru 560016 have changed my name to SALOME affidavit Dt.06/01/2022 notary Harisha.G Bengaluru

I Sridhar Parthasarathi Rao Rentala S/o R.Parthasarathi Rao R/o D-104 Purva Fairmont ,24th main Road , HSR layout Bangalore-560102 have changed my name to Sridhar Rentala for all purposes vide affidavit dtd 05/01/2022 .

I, Girish D S/O, Dattatreya H N R/o No 31/a , 14th Cross , Gayatri Layout, Krishnaraja pura , B'luru-560036 have changed my name to Girish Bharadwaj for all purposes.

I, Tushar S/o Joginder Singh R/o B-1703, Deodar Block, Salarpuria Greenage, Bommanahalli, B'luru-560068 have changed my name to Tushar Singh for all purposes.

I, Saloni D/O, Kavita Kamble R/o #31, 6th Cross, K N Extn, Triveni Road, Yeshwanthpur, Bengaluru - 560022 have changed my name to Saloni Kamble for all purposes.

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HEALTH TIP: A mixture of half a teaspoon of ginger juice, half a teaspoon of garlic juice and warm water is the best winter beverage to help maintain good heart health

Peanut butter is rich in potassium, which can help in keeping your brain healthy

BEST OF
DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I had unprotected sex with my boyfriend last month but I got my period on the correct date. However, this month I have missed my date and I'm already five days late. Are there any chances that I could be pregnant?
I had spotting issues, which usually happens almost every month, but I'm never late. I usually get my period three or four days early, but it is never delayed. I am very worried because I'm getting engaged very soon. Please help.

A urine pregnancy test will give you an indication whether you are pregnant or not. Should your period not start within a week, visit a gynaecologist. In future, do not take such a risk. Always insist on using a condom.

2 I'm a 29-year-old married man. My problem is that I want daily sex with my wife but she doesn't. She normally has sex with me twice a week, but no more than that. So we fight about this a lot. I have no choice but to masturbate every night, as I am not satisfied with my sex life at all. Should I visit a red light area? Please guide me.

I would certainly not recommend that you visit a sex worker. Ideally, you should sit together; she may be able to list some of the things that she is not enjoying. Hopefully, this will lead to a better understanding and help solve the problem. You may also visit a sexpert together. He or she may recommend steps that would lead to an improvement in your sex life.

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6 winter foods to control diabetes

Keep an eye on what you consume to stay warm; many comfort meals can boost blood sugar levels

Kayalvizhi Arivalan
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Meals that keep us warm and satiated are always a priority in the winter. However, if you have diabetes, keep an eye on what you eat because many classic comfort meals are strong in carbohydrates, which can raise blood sugar levels. Experts believe that by making appropriate dietary changes, one can enjoy the weather while remaining healthy.

"Winter is a season that can be hard on your body; we all need to be aware of what we're eating on a daily basis, especially those with pre-existing conditions/diseases like Diabetes. Diabetic individuals should be extremely cautious about their diet and lifestyle, especially if they tend to exercise less," advises Rajeswari V Shetty, HOD-Dietetics, Fortis SL Raheja Hospital, Mahim, sharing a list of winter foods that can help control diabetes.

Sweet potatoes
Unlike potatoes, this vegetable has a low glycemic index. They tend to break down slowly in the body, causing fewer fluctuations in blood glucose compared to potatoes. It is also a good source of fibre, scoring another win for managing weight and helping to control sugar levels. They contain complex carbohydrates and are rich in nutrients.

Mustard leaves
They are low in calories and have a very low glycemic load. These leaves are rich in phytonutrients, Vitamin C, Vitamin K, Calcium and Potassium, which is an added benefit for diabetic patients. Just one serving will give you the necessary boost of nutrition. One can have it in various forms like adding it to a salad, as a smoothie or stir-frying them, including it in soup.

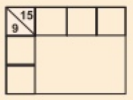
Beetroot
There is a misconception about beetroot that people with diabetes should not consume it. Though beetroot is sweet, it's a rich source of fibre and minerals like potassium, iron, and manganese. Beets also contain an antioxidant known as alpha-lipoic acid, which can lower glucose levels, increase insulin sensitivity, and prevent oxidative stress-induced changes in diabetic patients. Additionally, studies on alpha-lipoic acid have shown decreased peripheral neuropathy and autonomic neuropathy symptoms in people with diabetes. One can incorporate it in various ways like beetroot soups, salads. You can even use it in a paratha.

Cinnamon
It is a digestive aid that helps to regulate blood sugar. Cinnamon increases insulin sensitivity upon consumption and is rich in antioxidants. Various studies have demonstrated that intake of 1, 3, or 6 gm of cinnamon per day reduces serum glucose, triglyceride, LDL cholesterol, and total cholesterol in people with type 2 Diabetes. As cinnamon does not contribute to calorie intake, those with type 2 diabetes or elevated glucose, triglyceride, LDL cholesterol, and total cholesterol levels may benefit from the regular inclusion of it in their daily diet. One can have it as cinnamon tea or put it in the atta (wheat flour) while making rotis, and even drizzle a small amount on a healthy sandwich, or drink cinnamon infused water.

Guava
This fruit has been named a superfood because of its highly nutritious content. It is high in potassium and low in sodium, rich in fibre and vitamin C, and has a low glycemic index too. This winter special fruit is one of the top picks for a diabetes diet. Guavas are very low in glycemic index and glycemic load, making them an excellent choice for diabetics. One can even cook guavas and use them as a vegetable.

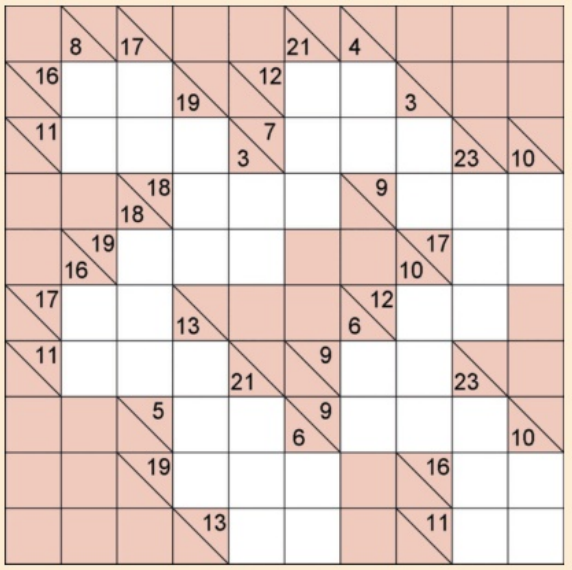
Vegetable soup
A bowl of hot vegetable soup is very comforting and beneficial. It aids in weight loss and diet control as it gives a feeling of fullness. Soups serve as a great comfort winter food. Make yourself a wholesome bowl of vegetable soup with all seasonal and your favourite vegetables, combine it with pulses which increases the fibre and makes it protein rich. This also helps to keep the body warm against the cold temperature. It adds to your fibre consumption that helps in maintaining your diet & diabetes. Having soup before a meal makes you consume less food. Thus, soups are the best way to incorporate healthy foods in the tastiest way. One can also add oats or barley to the soup and make it a balanced, nutritious meal leading to better sugar control.

Kakuro

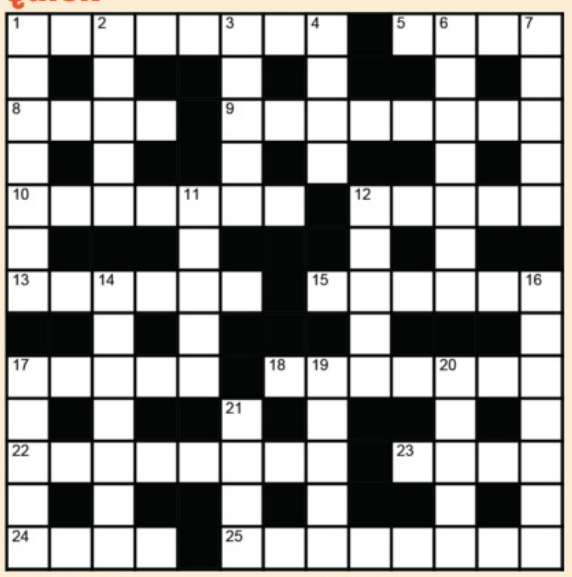


The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Ancient, primitive? (8)
5 Do nothing (4)
8 Lubricates (4)
9 French policeman (8)
10 Attracts or lures (7)
12 Weapons in the form of explosive devises (5)
13 Vidhyarthi ____ : Dosa place in Gandhi Bazaar (6)
15 Holy persons (6)
17 Spree, drinking bout (5)
18 A strong upward rush or sweep (7)
22 Chess champion Gary ___ (8)
23 Wound and cripple (4)
24 Sunbeams? (4)
25 Got back from the pawnshop? (8)

DOWN

1 Maxim (7)
2 Tiny island (5)
3 Fashion (5)
4 Occupation or profession (4)
6 Rowers (7)
7 Combustible materials (5)
11 Lifting machine (5)
12 Chatters, gossips or confesses (5)
14 General pardon (7)
16 Arose or derived from (7)
17 Bread maker (5)
19 Tiled; concreted (5)
20 Kingdom (5)
21 ___ Rabbit : cartoon character? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: T EQUALS P

PYJYO AHHYPC TYATUY ZFSN XSBUY ZNYP BAE RMP AHHYPC SNYQ ZFSN XEKXSMPRY.

Linemaro

I think you have something in your eye. Oh wait, it's just a sparkle.

Mindchow

The richest man is not he who has the most, but he who needs the least

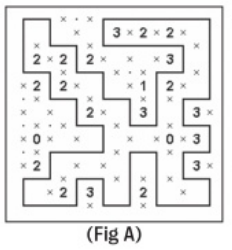
Joke of the day

Wife : Do you want dinner?
Husband: Sure, what are my choices?
Wife: Yes and no.

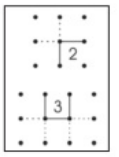
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

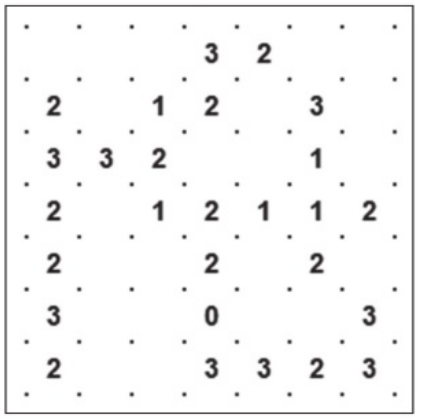


(Fig B) Not Allowed

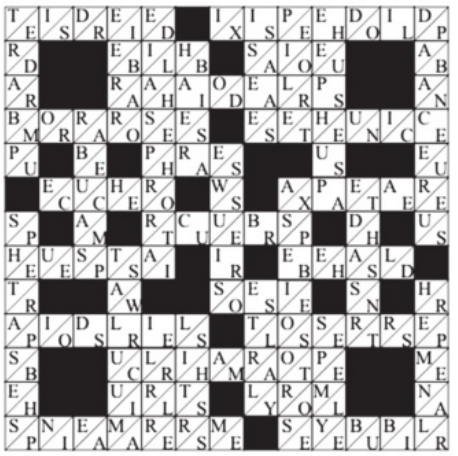
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



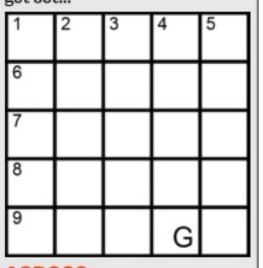
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 K dash; 6 Aider;
7 All II; 8 Penal;
9 So Hug

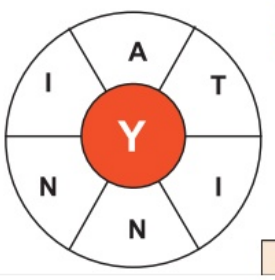
DOWN

1 R dips; 2 O Hell;
3 A due I; 4 A king;
5 Lhasa

Mensapuzzle

Which letter completes the puzzle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

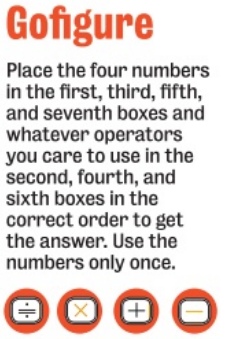
SudokuChallenge

1		5	4	3				
	8		2			5		
6	4		1					3
				7		3		9
7								8
2		1		5				
3					4		7	1
		2			9		3	
				1	6	8		2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.

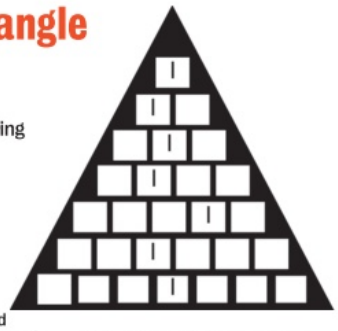
Differences: 1. Purse is smaller. 2. Leg is moved. 3. Apron is shorter. 4. Hat is different. 5. Store window is not as wide. 6. Car grille is not showing.

Riddler

Can you find 13 animals hidden in these words?
Pheasantoadderaturtleechareelionewtiger

Alpha triangle

1 Egoistic letter
2 Not out
3 Ear irritator
4 Hard outer covering
5 Rock bottom
6 Came down
7 Spent



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

OPENING NIGHT
ADDY, OVER HERE!
HEY, LESLIE AND JACKIE! DO YOU TWO ALWAYS GO TO THE SHOWS CHARLOTTE WORKS ON?
IF WE COULD ROOT FOR HER WHILE SHE TAKES TESTS, WE WOULD!
OH, YEAH!
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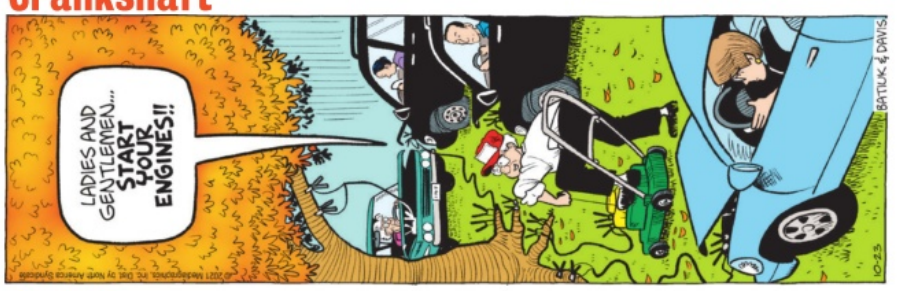
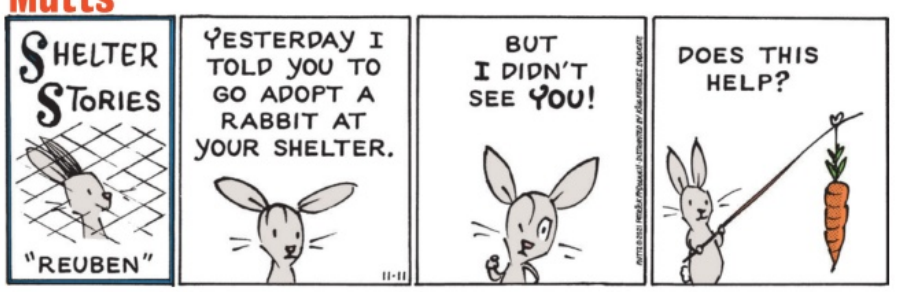
Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Your internal power will make you happy. You may receive small gains from investments. Your relationship with your boss will prosper too. You may even get a promotion. Your prestige in society may increase. You can expect work-related travelling.

Taurus Apr 21 – May 20
Today, you are blessed by the moon and may be promoted to a higher position due to your hard work. Your performance at work may improve too. Further, you may meet an influential person, who may help you improve your life. You will be able to manage domestic issues very easily, which may boost harmony at home.

Gemini May 21 – Jun 21
You may be happy and things may look up now. You may plan to visit a religious place, which may grant you inner strength. You may also aid a religious place or charity. Expect overseas travelling for education or work. Couples may find their suitable match. Singles may find their soulmate.

Cancer Jun 22 – July 23
You may feel lonely and find yourself in a self reflecting state. You may expect changes at your workplace and position. Your patience may get tested many times. You might act arrogantly, which may affect your personal life. You are advised to avoid adventurous tours.

Leo Jul 24 – Aug 23
Today, you may feel positive vibrations around you. You may bring artefacts or household items to renovate your home. You may plan to start a new business in a partnership. Expect long-distance travelling. Your relationship with your spouse may blossom and lead to domestic harmony.

Virgo Aug 24 – Sep 23
Today, you may perform your best at work. You bond well with your boss and may receive new responsibilities and a promotion. Chronic health issues may be cured now. You may get good incentives for your work. Disputes with siblings may get resolved now. Job seekers may find a new job.

Libra Sep 24 – Oct 22
You will be busy with your children and make plans for their higher education. Couples may hear good news in terms of conceiving children. You may want to upgrade your credentials and make a plan to avail higher studies to get a promotion in your current job. Singles may find their soulmates. Natives related to education, consultancy and banking will do better.

Scorpio Oct 23 – Nov 22
You may feel dissatisfied and may not be able to handle your responsibilities. Investments may yield losses. Read documents carefully before signing. Elders' health may upset you. You may plan to reconstruct your house, but postpone renovation for a while.

Sagittarius Nov 23 – Dec 22
Disputes among siblings may get settled down, and may improve their relationship. Your vital force seems to be good. It may help you to complete difficult projects easily. You may expand your network after a short work-related trip. You may also help a needy person, which may boost your social status.

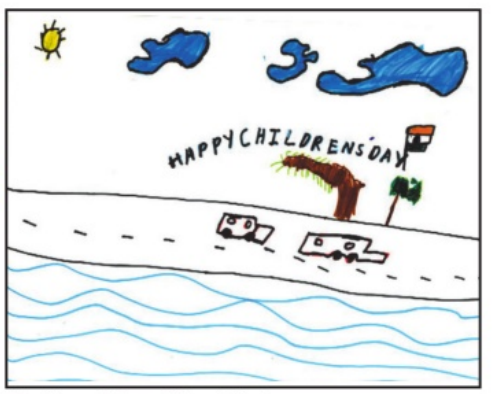
Capricorn Dec 23 – Jan 20
Today, you may be busy in a family get together and will be polite to the people around you. This may improve your image among your relatives and friends. You will spend money on artefacts and other stuff, which will improve your social status. You may hear good news from one of your close relatives.

Aquarius Jan 21 – Feb 19
Elders' blessings will help you and you may develop patience. You may regain your focus, which may help you to achieve your goals. You may perform well in terms of business and domestic life. You may manage to create a balance between expenditures and savings. This may boost your savings.

Pisces Feb 20 – Mar 20
You may feel lazy, dissatisfied and dull, which will affect your speed in a project or at work, causing delay. Lovebirds must avoid making important decisions like marriage. Job seekers may be disappointmented in interviews.

KIDZONE

Mahika Pai Mizar, 6 Years, Vidyashilp Academy



Ethan George, 7 Years, Bethany School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
3÷½(3+½(3+½(9)))=
3÷½(3+½(3+½(3)))=
3÷½(3+½(3+½(3)))=
3÷½(3+½(6))=
3÷½(3+½(2))=
3x3/1(5)=
9×5=45

RIDDLER
Pheasant, ant, toad, adder, rat, turtle, leech, char, hare, eel, lion, newt, tiger.

FAST FIVE

S	O	U	G	H
P	L	E	N	A
I	I	A	L	
R	E	D	I	A
D	H	A	K	S

BULL'S EYE
INANITY, tinny, tiny

STRIKE OUT

S	I	A	M	E	S	E		S	Y	B	I	L		
E			U	L	T		L	O	L			A		
S			C	L	I	M	A	T	E			M		
A	I	S	L	E	S		T	S	E	T	S	E		
R		A		S	E	E		N				H		
H	E	P	T	A		R	B	E	A	D				
P	A	R	U	E	R	S		H		S				
E	C	H	O		W	A	P	T	E	R				
P	E	P	R	E		U				E				
M	O	R	O	S	E		E	T	H	N	I	C		
A		R	A	I	D	E	R	S				N		
R		B	I	B		S	O	U				A		
T	I	R	E	D		X	I	P	H	O	I	D		

QUICK

P	R	I	M	E	V	A	L		L	O	A	F		
R		S		O		I		A				U		
O	I	L	S		G	E	N	D	A	R	M	E		
V		E		U		E		S				L		
E	N	T	I	C	E	S		B	O	M	B	S		
R			R		L		E							
B	H	A	V	A	N		S	A	I	N	T	S		
T			M		N		B		E	A	D			
B	I	N	G	E		U	P	S	U	R	G	E		
A		E		B		A				E		M		
K	A	S	P	A	R	O	V		M	A	I	M		
A		S		T		S		E	T	S		E		
B	I	N	G	E		U	P	S	U	R	G	E		
R		A		S	E	E		N				H		
H	E	P	T	A		R	B	E	A	D				
P	A	R	U	E	R	S		H		S				
E	C	H	O		W	A	P	T	E	R				
P	E	P	R	E		U				E				
M	O	R	O	S	E		E	T	H	N	I	C		
A		R	A	I	D	E	R	S				N		
R		B	I	B		S	O	U				A		
T	I	R	E	D		X	I	P	H	O	I	D		

MENSA PUZZLE
Y, Starting at the top left, and moving anticlockwise around the figure, letters advance through the alphabet 5 letters at a time.

QUOTE UNCODE
Never offend people with style when you can offend them with substance.

SUDOKU

1	2	5	4	3	8	7	9	6
9	8	3	2	6	7	5	1	4
6	4	7	1	9	5	2	8	3
8	5	4	6	7	1	3	2	9
7	3	6	9	4	2	1	5	8
2	9	1	8	5	3	4	6	7
3	6	8	5	2	4	9	7	1
4	1	2	7	8	9	6	3	5
5	7	9	3	1	6	8	4	2

ALPHA TRIANGLE
I, In, Din, Rind, Nadir, Rained, Drained.

GO FIGURE
Easy
5 – 7 + 2 + 9 = 9
Medium
8 / 2 – 6 + 5 = 3
Hard
6 + 7 – 2 – 4 = 7

LOOP

KAKURO

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 # Meet Tree Caprio
A new tree species has been named after actor Leonardo DiCaprio as a tribute to the Hollywood star's anti-logging campaigning, London's Royal Botanic Gardens announced on Thursday

BangaloreMirror | 14
Friday, January 7, 2022
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Imposter brought fan to Vicky's door

Fan tells his parents she was in touch with him on FB. Sadly, the girl had been chatting with a fraud

Actor Vicky Kaushal enjoys a massive female fan following on social media. He recently got married to the beautiful Katrina Kaif and it really broke his fans' hearts. In an interview in the past, Vicky once shared the craziest fan experience he ever had.

Did you know that once Vicky's female fan landed up directly at his house? The 'Uri: The Surgical Strike' actor said that his parents were at home and they answered the doorbell. His mother let her in thinking that she is one of his friends and Vicky might have forgotten to inform about her coming over. But his parents found it suspicious when she said that she had been speaking to Vicky over Facebook and he invited her to see him at his house.

His parents knew that Vicky was not on Facebook and after further inquiry they found out that the girl had been chatting to a fake profile named after the actor. Well, that's really crazy!

Meanwhile, Vicky and Katrina tied the knot on December 9 last year in Rajasthan. The duo shared their dreamy wedding pictures on social media and wrote, "Only love and gratitude in our hearts for everything that brought us to this moment . Seeking all your love and blessings as we begin this new journey together."

On the work front, Vicky will be next seen in 'Govinda Mera Naam' with Kiara Advani and Bhumi Pednekar. He also has 'Sam Bahadur' in the kitty.

Watch this story come alive by pointing your phone camera at the QR code

Shimmer and Shine

Nine times actor Nora Fatehi took our breath away in shimmery outfits

Nushrratt excited to see what 2022 brings

Actress Nushrratt Bharuccha recently left everyone stunned with her performance in 'Chhorii'. After a good response from the audience, the makers announced its sequel. Apart from this, the actress is currently dabbling between the schedules of 6 films where she will be seen experimenting with her roles in different genres.

Nushrratt says that she is excited and looking forward to 2022. She will be having a super-packed year with multiple films and other commitments.

Speaking about it, she said, "I'm excited and looking forward to 2022, as the entire year is going to be super packed with work and brand commitments. I'm stoked to see how the year will pan out, in terms of work, as I will be juggling between multiple shooting schedules of varied films."

—ETimes

Deepika on life with & after covid

Bollywood actress Deepika Padukone recently opened up about the time when she contracted the coronavirus. Recalling that phase, Deepika Padukone calls it horrific and said how Coronavirus made her look physically unrecognizable.

In an interview with a news portal, the 'Bajirao Mastani' actress said that the first lockdown was very very different, as all of them were trying to figure out what had come and accordingly navigate one's lifestyle. It was during the second wave, the actress had contracted the virus, and speaking of the same, Deepika said, "Lockdown two was also very different because everyone in my family, including me had covid at the same time."

When asked about the medications she was put on and how the pandemic changed her, Deepika shared, "Life after covid changed for me because physically, I was unrecognisable completely... I think (due to) the medication I was given, the steroids that I was put on. So covid in itself was weird, your body feels different, your mind feels different. I felt that when I had the illness it was still okay but after that, I needed to take two months off work because my mind wasn't working. The phase for me was very, very difficult."

Meanwhile on the work front, Deepika Padukone will next be seen in 'Gehraiyaan'.

Helmed by Shakun Batra, the film also stars Siddhant Chaturvedi, Ananya Panday and Dhairya Karwa in pivotal roles. The actress will also be reuniting with Shah Rukh Khan in 'Pathan' which also stars John Abraham in the lead role. She is also a part of Nag Ashwin's next opposite Prabhas.

Pushpa races ahead of '83 and 'Spider-Man'

Allu Arjun's 'Pushpa: The Rise' is showing no signs of slowing down at the box office. The Hindi dubbed version of the film continued to maintain its strong hold over the ticket windows, beating out the likes of Ranveer Singh's '83 and Tom Holland's 'Spider-Man: No Way Home'. According to the latest reports on boxofficeindia.com, the film added another Rs 2.20 crore to its collection on Wednesday, thus taking its 20-day total to around Rs 70 crore net. The report states the Hindi dubbed 'Pushpa' is now raking in all the business as the collections earned from the rest of the country sums up to only Rs 75 lakh nett. With the third week collections at Rs 22.45 crore, the film will round off the week with a collection estimated at Rs 24.50 crore nett. This will make it the second-highest collection for a dubbed South film.

— ETimes